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PAGE 14

SCORES MISSING IN QUEBEC TRAIN EXPLOSION

OFFICIALS STRUGGLE TO DEAL WITH AFTERMATH OF SATURDAY'S DISASTER AS FAMILIES AWAIT NEWS OF LOVED ONES

PAGE 6

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WET WIN FOR ESKIMOS

The Hamilton Tiger-Cats' Lindsey Lamar, front, is tackled by Edmonton Eskimos' Calvin McCarthy, top, and Grant Shaw during soggy first-half CFL action in Guelph, Ont., Sunday. The Eskimos survived the rain to beat the Ticats 30-20. For coverage, see page 17. AARON LYNETT/THE CANADIAN PRESS

Graphic new footage, photos of GuZoo emerge

Controversy. Owner of Alberta roadside attraction says he feels privacy was violated

JEREMY NOLAÏS
 Metro in Calgary

Animal rights activists are demanding the Alberta government reopen its investigation into the controversial roadside GuZoo after new footage and photos have surfaced depicting what it claims are poor living standards and safety hazards for exotic animals housed on site.

The nearly 10-minute video shows what appears to be filth in numerous birdcages and fridges, maggots crawling in a bowl of food set next to a baby lynx and other domestic cats, and at least four animal carcasses scattered outdoors among

piles of other garbage.

Metro obtained the photos from the Council of Concerned Albertans for Animal Welfare and Public Safety.

"I'm horrified," said Lexci Johnston, council vice-president. "You don't have to be an animal lover to look at baby animals in the care of able-bodied humans being presented maggots. That baby lynx is what they hand out to kids to take pictures with, meanwhile that thing's got a belly full of parasites."

GuZoo, located near Three Hills, Alta., previously came under fire in 2011 after photos of public areas that many deemed sub-standard sparked a viral social media campaign calling for its closure.

Reached Sunday, owner Lynn Gustafson confirmed the video was taken by what he suspects was a trespasser over the Canada Day long weekend.

He also conceded there were maggots in the cat food and carcasses on the trash piles but chalked it up to everyday operations on a farm that's home to nearly 400 domestic and exotic animals. "It's all bulls-t," Gustafson said, adding he suspects a visit from SPCA officials Friday was linked to the footage. "You can make anything you want out of it. I could go to your house and find something that's wrong probably."

Gustafson said the maggots in the cat cage swarmed after he accidentally left some food in there overnight, adding, "That wasn't what they were eating anyway."

As for the carcasses, Gustafson claims he was going to burn them but the weather was too damp and they were kept well away from public areas.

The council said it was sent 200 photos and video from an anonymous whistleblower.

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A corgi jumps over an obstacle as part of the Alberta Redneck Furry Fliers' flyball demonstration at Pets in the Park, much to the delight of onlookers, on Sunday. PATRICK NGUYEN/FOR METRO

Festival gives pets their day in the sun

Barking good time. Disk throwing and sheepdogs were part of the day's festivities

PATRICK NGUYEN
edmonton@metronews.ca

Man's best friend got some special treatment on Sunday at the 21st annual Pets in the Park Festival, Edmonton's largest animal charity fundraiser.

The festival was held at Hawrelak Park and was put on by the Edmonton Humane Society. It boasted many activities

and shows that were tailored toward families and animal friends alike.

"I think my buddy here really likes it, he gets to make lots of friends," said Rich Nguyen about his husky, Tiger.

"I'm thinking about trying out the Frisbee competition. We've only tried it once or twice but I'm sure we'll win," he said with a laugh.

Along with disk throwing competitions, the festival had obstacle courses, a bobbing for hot dogs event and even a sheepherding demonstration.

"It's to show the city folk what these border collies can do," said sheepherder Carl Sn-

The numbers

- Last year, the festival raised nearly \$145,000.
- About 13,000 homeless and abused companion animals are cared for by the Edmonton Humane Society annually.

eddon, who has been coming to Pets in the Park for 11 years.

The demonstration featured real sheep and showcased the agility and intelligence of Sneddon's dogs, Jess and Meg.

"The dogs are always so cute and obedient," said Jessica Grahame, a corgi owner whose favourite part of the festival is the sheepherding. "When the dogs stop and lie down immediately when the man tells them to, I find it adorable."

The pet festival was also fun for petless visitors, according to Maya Scott, an Edmonton resident.

"We're not allowed pets at our apartment so the festival gives my daughter a chance to look at and play with puppies," she said.

Money made from the participatory events went to the Edmonton Humane Society.

Drought out, win in. Local Brits proud of Murray's tennis title

British tennis fans in Edmonton who woke up a little earlier than usual on Sunday started their morning with pride.

Andy Murray of Scotland was the last man standing at Wimbledon on Sunday, ending a 77-year British drought.

"What a great win. I thought my heart was going to explode," said Englishman Liam Williams, whose been living in Edmonton since 2010. "Taking it on home soil must be amazing. I can feel the excitement from Alberta."

David Murray (no relation), an Edmonton resident from Glasgow, said he felt "nothing but pride."

"Andy's win was epic for fans in Canada, Scotland and all of GB," he said. "To the people who are arguing whether this is a Scottish or British victory: Why not both?"

Murray said he is a Scot through and through, but he has no issue with media and fans calling it a British win.

"I think that the British drought aspect of the game has overshadowed something more important: Andy worked really hard to get here and deserved to win, British or not," he said.

While the morning was thrilling for Williams, the early start was also a little rough.

"I don't think I've ever had beer that early in the day before," he said with a laugh. "I may be in Edmonton but I absolutely watched that game and celebrated like a Brit."

PATRICK NGUYEN/FOR METRO

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Injera Initiative. Youth get to go on patrol with beat cops for pilot project

As part of a police pilot project, Edmonton youth received hands-on training by going on patrol with beat officers.

They also underwent training in leadership development, conflict resolution, communication, and community capacity building.

The Edmonton Police Service, in partnership with the Injera Initiative, ran a pilot project of the Youth Police Academy from July 2 to 6.

The academy aimed to have young participants gain an understanding of how individ-

Reaching out

The 40 participants were selected because they are emerging leaders in Edmonton's newcomer communities.

uals, communities and police work together to address crime issues. Through the program, 40 youth between the ages of 15 to 25 became community safety ambassadors who will assist their community. **METRO**

Municipal election

Four more throw hats in the ring

As the October municipal election draws nearer, more Edmontonians are putting their names on the ballot.

Aboriginal elder Taz Bouchier has announced she will run for a council seat in

Ward 6.

Meanwhile, former Edmonton Public School trustee Ken Gibson is running in Ward E, which is being left vacant by Heather MacKenzie, who is running for a council spot.

Bridget Stirling is also running in Ward E. Michelle Draper has announced her candidacy for Ward B. **METRO**

Double take: Allison twins revved up to take top spots



Jared Allison recently finished seventh at the Monster Energy Motocross Nationals at Edmonton's Castrol Raceway. His twin brother, Parker, finished the race in 10th place. **CONTRIBUTED**

Sibling support. Twin motocrossers aim for strong finish this season



ANNALISE KLINGBEIL

annalise.klingbeil@metronews.ca

Double trouble is brewing in the world of professional motocross racing.

After four races in western Canada, including two top-10 finishes at the Monster Energy Motocross Nationals at Edmonton's Castrol Raceway in June, 22-year-old twin brothers Jared and Parker Allison

Schooled

When they're not racing, Jared studies engineering at the University of Calgary, while Parker is in pre-veterinarian studies.

will spend the summer racing their Yamaha 250S bikes in the east.

The identical twins are both aiming for an overall top-five finish when the nine-round national motocross series wraps up at the end of the summer.

Originally from Delburne, Alta., the Allison twins, along with an older brother and a younger brother, have been riding since they were young boys.

"All we've ever done is race dirt bikes, that's all we've ever wanted to do," Jared said.

"It's our thrill. It's what we get our adrenaline rush from."

While the twins are competitive with each other while training at the gym or on the track, Parker said on race days, they work as a team.

"We're there to support each other ... to be faster you need someone to push you all the time and having a twin brother makes it a lot easier," he said.

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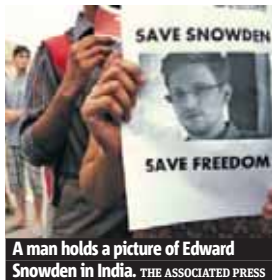
Go to Venezuela, Snowden: Official

NSA leaks. Russians starting to get uneasy as South Americans offer their support

An influential Russian parliament member who often speaks for the Kremlin encouraged NSA leaker Edward Snowden on Sunday to accept Venezuela's offer of asylum.

Alexei Pushkov, who heads the international affairs committee in Russia's parliament, posted a message on Twitter saying: "Venezuela is waiting for an answer from Snowden. This, perhaps, is his last chance to receive political asylum."

Venezuelan Foreign Minister Elias Jaua said Saturday his



A man holds a picture of Edward Snowden in India. THE ASSOCIATED PRESS

country hasn't yet been in contact with Snowden, who Russian officials say has been stuck in the transit area of Moscow's Sheremetyevo Airport since arriving on a flight from Hong Kong two weeks ago. He has been unable to travel further because the U.S. annulled his passport.

Jaua said he expects to consult with Russian officials on Monday about Snowden's situation.

Pushkov's comments appeared to indicate that the Kremlin is now anxious to be rid of the former National Security Agency systems analyst, whom the U.S. wants returned to face espionage charges.

There has been no response from the Kremlin or Russian Foreign Ministry to the asylum offer made by Venezuela's President Nicolas Maduro in the early hours of Saturday, Moscow time.

For Snowden to leave for South America, he would need for Venezuela to issue him travel documents and he would need to find a way to get there.

THE ASSOCIATED PRESS



Liberal Leader Justin Trudeau makes an appearance at Premier Alison Redford's Stampede breakfast in Aldersyde, Alta., on Sunday. LARRY MACDOUGAL/THE CANADIAN PRESS

Trudeau rustles up western support at the Stampede

Federal Liberal Leader Justin Trudeau popped up at an unexpected place on Sunday as he continues to drum up political support from voters.

Trudeau appeared at the annual Stampede breakfast hosted by Alberta's Progressive Conservative Premier Alison Redford.

He shook hands with Redford and the two spoke briefly before he moseyed along to shake hands and pose for photos with a throng of people who turned out to chow down on pancakes, scrambled eggs and sausage.

"You know what? There's a lot of Progressive Conservatives who don't feel at home in the approach Stephen Harper's extreme right-wing Conserva-

tives are taking and I'm glad to be meeting with anyone and working with anyone and talking about the challenges we're facing in the future," said Trudeau.

"I'm glad to have a chance for the first time to meet with Premier Redford, but I look forward to many good conversations in the coming months and years," he added.

Trudeau then dropped by another breakfast just blocks away from where Mayor Nenshi lives.

"Hey hey — how's my favourite mayor of Calgary?" Trudeau called out from behind the grill.

Startled, Nenshi said "Oh my gosh" and the two embraced. THE CANADIAN PRESS

Stampede standoff

Prime Minister Stephen Harper dropped the gloves in a speech to his annual Stampede barbecue Saturday.

- Harper said both the NDP and the Liberals would remove Canada's influence and power on the world stage, saying the NDP's ideas are "dangerous" and the Liberals' thinking "vacuous."
- "Mr. Harper is focused on me. I'm happy to focus on Canadians," said Trudeau.



Thousands join running of the bulls

Several thousand thrill-seekers tested their bravery Sunday by dashing alongside six fighting bulls through the streets of the northern Spanish city of Pamplona on the first day of the running of the bulls. Despite a large crowd of participants because the run coincided with a weekend, only four people were treated for injuries and no one was gored, officials said.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

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The Egyptian air force puts on a show as opponents of Egypt's ousted president Mohammed Morsi rally in Tahrir Square in Cairo on Sunday. THE ASSOCIATED PRESS

Feud within Egypt's new leadership

Rival rallies. Two days ago, clashes between secular, Islamist camps left at least 36 dead, more than 1,000 injured

Feuding erupted within Egypt's new leadership on Sunday as secular and liberal factions wrangled with ultraconservative Islamists who rejected their choice for prime minister, stalling the formation of a new government after the military's ouster of president Mohammed Morsi.

At the same time, the shows of strength over the removal of Egypt's first freely elected president were far from ending, with tens of thousands in the streets Sunday from each side.

The Muslim Brotherhood pushed ahead with its campaign of protests aimed at forcing Morsi's reinstatement, bringing out large crowds in new rallies. Its officials vowed the group would not be "terrorized" by arrests of their leaders and the shutdown of their media outlets.

'All betrayed us'

Senior Brotherhood member Saad Emara said there was no possibility for any negotiations with the new leadership after 'all betrayed us'.

- "We are not regressing to a Mubarak era but to ... a totalitarian regime," he told The Associated Press. "Anything other than protest is suicide."

The Brotherhood's opponents, in turn, called out large rallies in Tahrir Square and other squares in Cairo and several cities to defend against an Islamist counter-push. Military warplanes swooped over the crowd filling Tahrir, drawing a heart shape and an Egyptian flag in the sky with coloured smoke.

Morsi and five top Brotherhood figures are currently in detention, and around 200 others have arrest warrants out against them. The group's TV station and three other pro-Morsi Islamist stations were put off the air. THE ASSOCIATED PRESS

You've got hate mail: PMO gets letters for funding Christian aid group that insulted gays

The Harper government has received scores of letters and emails over government funding being provided to an organization that referred to homosexuality as a "perversion" and "sin."

The Prime Minister's Office and the office of the international development minister got about 170 letters and emails after The Canadian Press re-

Quoted

"Are you not aware at how many gay people are being killed and harassed because of anti-gay Christian organizations?"

One of 170 letters to PMO

ported earlier this year on the

\$544,813 contract to Christian Crossroads Communications for humanitarian work in Uganda. The criticism of homosexuality on the organization's website raised concern about its operations in an African country where gays face persistent threats of physical violence and where notorious anti-gay legislation is before parliament.

The Harper government

briefly announced a freeze in funds but later revised its position. Crossroads' project is linked to the construction of latrines and wells, in addition to hygiene awareness, in Uganda.

After the news broke, the government received 120 letters and emails from people opposed to funding Crossroads. About 50 others expressed support. THE CANADIAN PRESS

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Broken families left waiting as crews sift through charred ruins

Lac-Mégantic train disaster. Police say it's inevitable more missing will be declared dead

About 40 people were still missing Sunday evening after the spectacular blaze and explosions that razed much of Lac-Mégantic, Que., increasing the likelihood that the number of fatalities could soar from the official death toll of five.

"We have to be careful with that number because it could go up or down," said provincial police Lt. Michel Brunet.

It was the first time police went public with an estimate since the derailment of a train carrying crude oil Saturday morning. Police said a higher death toll is inevitable.

About 30 buildings were



Downtown Lac-Mégantic, Que., as firefighters continue to douse the rubble on Sunday. RYAN REMIORZ/THE CANADIAN PRESS

destroyed after tanker cars caught fire shortly after 1 a.m.

Two of the train cars were still burning on Sunday mor-

ning, hampering the search for victims in the debris.

Prime Minister Stephen Harper visited the town of 6,000 — about 250 kilometres

east of Montreal — on Sunday and likened it to a "war zone."

Throughout the day, people streamed in and out

of the town's evacuee shelter. Some who gathered outside wiped tears as they braced for bad news about their loved ones.

Henri-Paul Audette headed there in hope of reuniting with his missing brother. Audette, 69, said his brother's apartment was next to the railroad tracks, very close to the spot where the train derailed.

"I had thought ... that I would see him."

David Vachon said he has one friend whose sister is missing and another who is still searching for his mother.

The cause of the accident is a runaway train, according to the railway's operator.

The president and CEO of Rail World Inc. said the train was parked uphill of Lac-Mégantic before it became loose and began careening downhill.

THE CANADIAN PRESS

28,000 per cent boost

Rail profits off pipe fears

An eye-popping 28,000 per cent increase in the amount of oil shipped by rail over the past five years is now coming under scrutiny.

Canada's railways paint themselves as a safe, cost-effective alternative to politically unpopular pipelines. The Canadian Railway Association estimates as many as 140,000 carloads of crude are expected this year, up from only 500 in 2009.

Saturday's disaster is the fourth freight-train accident involving crude-oil being probed since the start of the year, according to the federal Transportation Safety Board. **THE CANADIAN PRESS**

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Teen victims of plane crash remembered as great students, artists

San Francisco disaster. Coroner determining whether one girl was hit, killed by a rescue vehicle

The two Chinese teenagers who died in an Asiana Airlines plane crash in San Francisco were student leaders who excelled in their studies and in the arts — one was a calligrapher and the other a pianist.

Wang Linjia, 16, and Ye Mengyuan, 17, were students in eastern China who were travelling on a summer camp program to visit universities in California, state media reported Monday.

The group included 29 students and four teachers from four schools in the city of Jiangshan. They were to visit Silicon Valley, Stanford University and the University of California's campuses in Los Angeles and



Asiana Airlines flight 214 just after crashing at the San Francisco International Airport on Saturday.
DAWN SIADATAN/THE ASSOCIATED PRESS

Berkeley, according to the Youth Times, an official newspaper in Zhejiang province.

Wang was class representative for three years, and teachers and schoolmates described her as excelling in physics and being good at calligraphy and drawing, according to the paper.

Wang's next-door neighbour, a woman surnamed Xia, described Wang as being quiet, courteous and diligent.

"Every time she came home she would be studying; very rarely did she go out and play," Xia was quoted as saying. She said Wang's father proudly displayed her calligraphy and art pieces on the walls of his office.

The other victim, Ye, also was a top student who excelled in literature and was talented with the piano, singing and gymnastics. The Youth Times said Ye had recently won a national gymnastics competition and routinely received honours at her school's speech contests.

A U.S. county coroner said Sunday that his office is conducting an autopsy to determine whether one of the two girls was run over by an emergency vehicle, hastening or even causing her death.

THE ASSOCIATED PRESS

Anchorage, Alaska

Air taxi crashes at Alaskan airport, killing pilot and all nine passengers

An air taxi crashed at an airport in Alaska on Sunday morning, killing all 10 people on board, according to U.S. authorities.

Meagan Peters of the Alaska State Troopers said the fixed-wing aircraft was engulfed in flames at the Soldotna Airport before firefighters could get there.

The victims had not been identified by Sunday night.

National Transportation Safety Board investigator Clint Johnson said initial reports had the accident happening as the plane took off.

Flying across the vast northern state is common for Alaska residents, despite hazards including treacherous mountain passes and volatile weather.

The Soldotna crash comes a day after a far larger Asiana flight crashed at a San Francisco airport, killing two Chinese teenagers.

THE ASSOCIATED PRESS



A memorial after 43 years

Linda Partridge holds up photos of her parents at the unveiling ceremony of The Flight 621 Memorial Garden in Brampton, Ont., on Sunday. Her parents were two of the 109 passengers and crew killed in a plane crash at the site in July 1970. Another attendee, Lynda Fishman, who lost her mother and two sisters, said that before the memorial was constructed, the site was in "a state of complete disrespect." She asserted that Air Canada failed to honour the victims and to clean up debris and human remains at the crash site.

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When you can't take the heat

As temperatures soared across the country in recent weeks, heartbreaking stories emerged of children dying and dozens of dogs being rescued after being left unattended in parked cars. Metro reporter Ruth Davenport got a sense of how it feels to be in a hot car when she spent 40 minutes in a parked vehicle on a day when the humidex pushed the temperature to a muggy 37 C.

At 10 minutes ...

This isn't so bad. I feel like I'm wearing a heavy sweater in a sauna, but I'm not thirsty, short of breath or in distress. Despite having the window cracked, the dollar-store thermometer has climbed to 49 C.

At 15 minutes ...

I'm sweating profusely now, taking a lot of deep breaths and yawning consistently.

"Your body is responding to the heat by changing its cardiovascular reserve," says Halifax physician Dr. John Gillis. "As you start to get dehydrated, your heart rate goes up ... your body is trying to make sure oxygen is replaced, hence the deeper breaths."

At 20 minutes ...

I'm uncomfortably hot and unpleasantly soggy. The imaginary sweater has gotten tight and I'm feeling pressure over my nose and mouth. The thermometer needle has climbed past the maximum temperature of 49 C.

At 25 minutes ...

The heat is getting intolerable, and I'm dizzy and drowsy — enough to want to close my eyes and go to sleep.

"Confusion goes along with it," Gillis says. "It's a continuum from feeling groggy to being profoundly confused as your body starts to react in different ways."



Metro reporter Ruth Davenport bakes inside a car during a Halifax heat wave. JEFF HARPER/METRO IN HALIFAX

At 30 minutes ...

My heart is thumping faster and harder than normal, I'm starting to puff a little, and I just feel too hot. My face in particular is burning as though I'm bending over a hot stove, but I can't pull away. I'm in distress — a child would be in danger.

"They have less moisture on board, they have less abil-

ity to regulate their surface area in terms of their ability to sweat," Gillis says. "Everything's different, and their ability to cry for help, it's quite unfortunate."

At 35 minutes ...

I'm torn between staying another five minutes or escaping this rancid, sweltering, suffocating nightmare. A

child or dog wouldn't get the choice, so I decide — with some genuine apprehension for my well-being — to stay. My head droops.

At 40 minutes ...

It's a relief to step out of the car into the baking parking lot. I'm sucking in deep breaths, and stagger a little on the way to the office. I drink

water slowly and flatten ice packs on my face and neck. I feel sluggish, drained, even a little hungover, and it takes almost another 40 minutes for me to feel normal again. The experiment has been unpleasantly informative, and not one I'd care to repeat.

"There's a real continuum, from heat exhaustion all the way to heat stroke," Gillis says. "Inside a closed

By the numbers

49 C

Temperature inside car: 49 C
Normal temp for human body: 37 C
Serious fever threshold: 40.5 C

Quoted

"With the temperature in the car at 120 F (49 C), the body is still going to regulate itself to a point by sweating and using whatever mechanisms it has available to keep temperatures down, but eventually those stop."

Physician Dr. John Gillis

Think again, drivers

Though some online commenters say they'll leave their pets in the car with the engine running and the air conditioning on, a Halifax vet says that's not a great plan.

- "What if, for some reason, the car stalls or there's a carbon-monoxide buildup?" Dr. Hugh Chisholm asks. "If you're not there to monitor, those are things that can be deadly, as well."

space where there's no ventilation and you have sun beating down ... it can be quite dangerous."

Parked vehicle a death sentence for furry friends, vet warns

A Halifax veterinarian says it can take less than half an hour for a dog to suffer mortal damage if it's left inside a car on a hot day.

"It's a heck of a horrible way to die.... Everything is stacked against the poor dog," Dr. Hugh Chisholm says.

Dozens of dogs across the country have already been rescued from parked cars this summer, victims of owner ignorance or separation anxiety.

No place like home

Dr. Hugh Chisholm says even if a dog doesn't like being left at home, it's far better off there than in the stifling confines of a car.

- "You can leave a window open or leave an electric fan on ... you can leave water for them," he says. "Trust me, they're way better off at home."

Chisholm says dogs can dissipate heat only through their tongue or foot pads, a

small surface area to begin with.

There's no air movement

in a car — even with the windows cracked — and without access to water, the dog won't be able to regulate its internal core temperature and will literally cook from the inside out.

"Even if you get them out and cool them down, it doesn't mean that you've saved those internal organs that have suffered irreversible damage," he says.

RUTH DAVENPORT/METRO IN HALIFAX



Two dogs look out of a vehicle parked with its window only slightly down. The picture is a photo illustration, and both dogs were out of the vehicle within a minute. JEFF HARPER/METRO IN HALIFAX

Temp jobs become permanent fixture

Employment. Number of temps in U.S. has jumped more than 50 per cent since recession ended

Hiring is exploding in the one corner of the U.S. economy where few want to be hired: Temporary work.

From Walmart to General Motors to PepsiCo, companies are increasingly turning to temps and to a much larger universe of freelancers, contract workers and consultants. Combined, these workers number nearly 17 million people who have only tenuous ties to the companies that pay them — about 12 per cent of everyone with a job.

Hiring is always healthy for an economy. Yet the rise in

temp and contract work shows that many employers aren't willing to hire for the long run.

The number of temps has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million — the most on government records dating to 1990. In no other sector has hiring come close.

Driving the trend are lingering uncertainty about the economy and employers' desire for more flexibility in matching their payrolls to their revenue. Some employers have also sought to sidestep the new health-care law's rule that they provide medical coverage for permanent workers. Last week, though, the Obama administration delayed that provision of the law for a year.

The use of temps has extended into sectors that seldom used them in the past — pro-

By the numbers

27%

Even when jobs are classified as "temp to permanent," only 27 per cent of such assignments lead to permanent positions, according to Susan Houseman, an economist at the Upjohn Institute of Employment Research.

essional services, for example, which include lawyers, doctors and information-technology specialists.

Temps typically receive low pay, few benefits and scant job security. That makes them less likely to spend freely, so temp jobs don't tend to boost the economy the way permanent jobs do. More temps and contract workers also help explain why pay has barely outpaced



Clairessa Mills looks over the main desk for help at the Labor Ready temporary employment agency in Warren, Ohio, in this March 2009 file photo. The number of temps in the U.S. has jumped more than 50 per cent since the recession ended four years ago to nearly 2.7 million. THE ASSOCIATED PRESS

inflation since the recession ended.

Beyond economic uncertainty, Ethan Harris, global economist at Bank of America Merrill Lynch, thinks more last-

ing changes are taking root.

"There's been a generational shift toward a less committed relationship between the firm and the worker," Harris says.

An Associated Press survey

of 37 economists in May found that three-quarters thought the increased use of temps and contract workers represented a long-standing trend.

THE ASSOCIATED PRESS

U.K. currency. Women will get the note, Carney says

Former Bank of Canada governor Mark Carney is working to put images of women on Britain's new bank notes, years after removing images of women from Canada's own currency.

In his first week as new governor of the Bank of England, Carney acceded to protests that designers of Britain's new five-pound note plan to replace an image of Elizabeth Fry with one of Sir Winston Churchill.

The proposed move would leave no women on any British bank-note denominations, apart from the Queen, which Carney said "is not the Bank's intention," promising an announcement by the end of the month.

The British protest against the removal of female images



Mark Carney THE ASSOCIATED PRESS FILE

on the currency parallels a similar protest in Canada, when Carney, as Canada's central bank governor, announced in 2011 that an icebreaker would displace the images of five famous women on a new series of \$50 polymer notes.

THE CANADIAN PRESS

Trade deal. Talks open construction contracts over \$7.8M to EU firms

Canadian construction contracts more than \$7.8 million would be open to bids from European countries under the coming Canada-EU trade agreement, according to a source familiar with the negotiations.

Canadian and European Union officials have been hammering out the details of the Comprehensive Economic Trade Agreement (CETA) for months. One of those details is the dollar thresholds

for goods, services and construction contracts.

Under the agreement, contracts for goods and services more than \$315,000 would be subject to the agreement, as would construction contracts more than \$7.8 million.

A number of Canadian municipal leaders have expressed concern about the deal, mostly around local governments' ability to procure local companies.

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Nuclear safety

Japan poised to get reactors back online

Japan is moving a step closer to restarting nuclear reactors as utilities are set to ask for safety inspections at their idled reactors, the clearest sign of Japan's return to nuclear energy nearly two and a half years after the Fukushima disaster.

With all but two of its 50 reactors offline since the crisis, Japan has been without nuclear energy that once supplied about a third of its power.

Four of nine Japanese nuclear plant operators will apply for safety inspections by the Nuclear Regulation Authority on Monday, when new safety requirements take effect.

THE ASSOCIATED PRESS

Free-trade deal

Canada gets bigger auto quota in EU talks

Canada has opened the door to increase car sales in Europe by eight-fold to 100,000 units under a proposed new trade deal, The Canadian Press has learned.

That potential win for the Canadian auto sector is one of several new elements highlighted in a leaked document that reveals several never-before-reported elements of the Harper government's continuing negotiations with the EU.

If signed, the new elements would require Canada to eliminate its foreign ownership rules on uranium mining and lock in the most recent liberalized ownership rules in the telecom sector.

THE CANADIAN PRESS

Ontario energy grid will harness the power of rhino poo

Flipping a light switch doesn't normally conjure images of a defecating rhino, but a novel project at Toronto Zoo might just change that.

An energy plant project set for construction in 2014 will turn manure into electricity for Ontario's power grid, after a 50-day "digestion" process.

"It works basically like a big concrete stomach," said Daniel Bida, executive director of the ZooShare project.

The power plant plans to harness the energy of excrement by taking 3,000

Quoted

"It represents an excellent opportunity to showcase the bio gas process."

Paul Whittam, Toronto Zoo's manager of financial services

tonnes of manure from rhinos and other large animals at the zoo, as well as 14,000 tonnes of grocery-store waste, and breaking it down to produce a combination of electricity, heat and fertilizer.

The waste mixture will be fed into an anaerobic digestion chamber — which is kept at the same temperature as a cow's stomach — and millions of bacteria slowly break down the waste.

After almost two months, the result is a fertilizer product and a combination of methane and carbon dioxide. The gases are then burned to produce electricity.

The project moved a step closer to reality recently, when the ZooShare Biogas Co-operative signed a 20-year contract with the Ontario Power Authority. "The power we all consume when we turn on the lights, it'll be part of that," Bida said. "We're excited to roll up our sleeves and get to work." THE CANADIAN PRESS



TORSTAR NEWS SERVICE FILE

IS EDMONTON FLOOD READY?

Given the recent events in Calgary, one can't help but wonder how prepared Edmonton is for a natural disaster of the same magnitude.

There's every chance that I missed it, but I didn't hear too much from our city officials about what kind of plans we have in place to deal with flooding on a massive scale.

Not a one in a hundred years event, but the kind of heretofore-unknown event that beset Calgary.

It is pretty much commonly accepted that in the coming years we are likely to see much more dramatic variations in weather than we have seen to date.

Given the depth of our river valley and the fact that we did not build our city at the confluence of two rivers, it is unlikely that we would see the same kind of effect on our downtown. However, one thing that we have in com-



URBAN COMPASS
Terence Harding
edmonton@metronews.ca

mon is that we have chosen to allow developers to build houses and condos on a flood plane.

If the same volume of water that afflicted Calgary were to course through our river valley, it would no doubt destroy much of Riverdale, Cloverdale and Rosedale.

The fact that high volumes and increased current have already affected the High Level Bridge, it is likely that a major flood would have a pronounced effect on our river valley infrastructure as well.

I think many of us were surprised that homeowners cannot buy over the ground flood insurance. I knew it was not a normal part of homeowner's insurance, but I didn't realize that flood coverage wasn't available period.

I have to wonder how many people living in our river valley knew that when they purchased their homes? And now that they do know, what options other than wishing, hoping and praying are available to them?

If there is a disaster, should they expect to be able to tap into

A dangerous possibility

If the same volume of water that afflicted Calgary were to course through our river valley, it would no doubt destroy much of Riverdale, Cloverdale and Rosedale.

public funds to be able to repair or replace their homes?

Perhaps the city should look at a self-insurance approach for homeowners on the flood plane.

According to Wikipedia's definition, money is set aside using actuarial and insurance information and the law of large numbers so that the amount set aside can cover an uncertain future loss.

Homeowners who wished to, would then pay a monthly premium to the city.

I don't know if we could actually do this, but I think it is an idea worth examining.

ZOOM

March of the flamingos



MARTIN HARVEY/PHOTOSHOT/SOLENT

It's a parade of pink

Millions of Lesser Flamingos group together in search of food in Lake Bogoria in Kenya. So thick and regimented are the lines of birds that they turn the shoreline vibrant pink. Wildlife photographer Martin Harvey was lucky enough to witness this spectacular phenomenon. **METRO**

One of the greats



"To witness a concentration of birds like this is, without a doubt, one of the greatest ornithological experiences in the world."

Martin Harvey, wildlife photographer

Why this stinky lake?

For many animals, Lake Bogoria would be the last place to gather: the volcanic geysers and fumaroles that belch sulphurous effluent into the lake make it so alkaline that it's extremely difficult to support any aquatic life. But for flamingos, the lake is an eating paradise: it's extremely rich in blue-green algae, which the birds thrive upon. **METRO**

Fun flamingo facts:

- **What makes them pink.** The pigment beta-carotene in their diet from algae and shrimp give them their famous colour.
- **How they find a mate.** Courtship rituals include neck stretching, synchronized dancing and honking.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Overwhelmed with a crushing sense of anxiety and ennui? It's likely because you have an entire month before Breaking Bad comes back. Stave off the void with these documentaries streaming now on Netflix.



Camp 14:

Total Control Zone:

The North Korean regime is easy to mock and malign, but the stories of Shin Dong-hyuk — who has spent most of his young life living in a labour camp — and two former guards reaffirms that behind all the goofy photo-ops and cartoonish "Juche Idea" myth-making is a world of widespread human suffering.

The Man Nobody Knew:

William Colby spent his life as a Cold War-era CIA operative before rising to the top of the agency, a post he held from 1973 to 1976. Unsurprisingly, such a life doesn't leave much time to be a family man, so it's up to his son

Carl to learn about the man his father was through interviews with his colleagues and historians.

How To Die In Oregon:

Oregon is one of the few places in North America that allows assisted suicide, and this award-winning documentary introduces you to a group of terminally ill men and women who have made the decision, and the state employee whose unenviable job it is to guide them through it. You'll know within the first few minutes if you can handle the raw emotion of it all. Stick it out if you can for a stark and empathetic look at a hot-button topic.

Comments

RE: Ricky, Julian and Bubbles are back: Trailer Park Boys to start filming new episodes, published July 4 online

I hope it's better than the drunk and on drugs sh—ty hour. The first couple of seasons of TPBs were great, but then it was like watching a plane crash. What made the first seasons great was that you could see some truth in the struggles. It was real. When they started introducing puppets and got rid of Cory and Trevor

it all kind of went to s—t. It felt like they were drunk on set at all moments just #5%ing around. Smart move on the director's part. The guys won't likely see a return on their investment. They should have invested in bitcoins!

Scott Rhoads, posted to metronews.ca

That's great news. My wife and I loved the originality of the show and the fact it's a "Made in Nova Scotia" product only adds to its allure!

Art West, posted to metronews.ca

WE WANT TO HEAR FROM YOU:

Send us your comments: edmontonletters@metronews.ca

Mother Mother mine bright ideas from some dark places

Balancing act.

Vancouver indie act treads a delicate line, mixing weight and whimsy in their music

ALEXANDRA
CAVALLO

Metro World News in New York

If the only Mother Mother song you've ever heard is their chipper — and catchy as hell — single Bright Idea (featured in a series of Kraft Cheese commercials) you might get the idea that they're a sugar-poppy, radio-friendly outfit. You'd be mistaken.

In fact, the Vancouver quintet's music (loosely described here as indie-rock, though their eclectic, eccentric sound defies such generalizing classification) is markedly cerebral — and decidedly dark. "I like people and the human condition," says frontman and guitarist Ryan Guldemon, of the inspiration for their songs' artfully crafted, eloquent (and oftentimes odd) lyrics.

"But not in the lovely ways, more in the sad or bleak ways. And I like kind of drawing out the comedy in those things."

It's that delicate line between light and dark, weight and whimsy, that is Mother Mother's hallmark. And it's a line they walk with practiced ease.

At first listen, the darker undertones of their music might not be immediately apparent. Indeed, admits



Mother Mother explores the human condition in their music. HANDOUT

Guldemon, "I think that a lot of people don't necessarily hear it, and they come out with this misguided idea that we're a happy band with a happy message. Because it's not totally common for people to listen too closely to lyrics these days."

Not to listen closely would be a disservice to both listener and musician, as it's the complex (and sometimes head-scratching) lyricism that makes this relatively under-the-radar band (they're big in their homeland but, "America is a tough nut to crack ...

where there's not that automatic domestic embrace, you kind of have to hustle a little harder and bank on certain cosmic aspects like luck and serendipity," he says) so interesting. But Guldemon is the first to admit that while Mother Mother is prone to meandering, verbose songwriting, there is something to be said for brevity, now more than ever.

"You do have to be very immediate in today's popular music genre," he muses. "And it's almost harder to be simple and immediate with

something than it is to take your time. I was talking to a new music composer recently — and this is a guy who does not listen to pop, who does not exist in this world, but he's quite a brilliant musician and composer, and very cerebral and creates these long musical journeys — and he was saying that he finds writing a three minute pop song far more difficult than writing, you know, a 20-minute-long avant garde piece for 18 musicians. I think there's a lot of truth in that. It's harder to cut to the chase than it is

In the moment

Keeping it real — in music and in approaching their part of the world — seems to be what Guldemon and his bandmates are all about. When taking the stage, he says, he tries to remind himself to stay in the moment. "It is the one little window during the day where you can let loose a bit. I find it curious when bands on tour, when they play, they look excruciatingly bored or something. Not to say that they need to be animated — there can be a lot of passion in stillness — but that's different than just looking like you're bored or not having a good time," he says.

to be long-winded."

To cut to the chase when it comes to his chosen craft, Guldemon's philosophy is clear. "If there's anything not to take too seriously it's music," he says, when asked about writing a song (Bright Idea) specifically for commercial use. "It's a fun little challenge to write from that place, because usually it comes out how it comes out — you know, from the heart or however you want to put it. But this was more of like an expression within parameters. I don't necessarily see music as something that has to be sacred and authentic at all times. You can kind of see it as an exercise. And I think in doing that a lot of the time you strengthen your ability to channel the authenticity at a later date."

2 SCENE



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The Word

Who is holding hands with other celebrities?



STARGAZING
Malene Arpe
scene@metronews.ca

This week in sweet affection: 1) Kylie Jenner and Jaden Smith hold hands in public. 2) Johnny Depp and Amber Heard hold hands in public. 3) Katy Perry and John Mayer hold hands in public. 4) Kanye West stops scowling at Kim Kardashian for at least three seconds.

• Jennifer Lopez is so very sorry about performing at the birthday party for the dictator of Turkmenistan, Gurbanguly Berdimuhamedow. She feels terrible, especially because ol' Gurbanguly is a human rights abuser, a warmonger and a despot but, most of all, because it somehow got out that she got paid to play for him.



• Rumours fly that former vampire Robert Pattinson may be dating Elvis' granddaughter Riley Keough. He likes Riley because she looks like Kristen Stewart and talks like Kristen Stewart, yet doesn't let other men grope her in public like Kristen Stewart. It's a win-win.

• Jamie-Lynn Sigler says that her baby will have a "normal name, a real name." Rainbow Aurora, North West, Breeze Beretta and Ace Knute shake their tiny, angry fists at her.

• British artist Roger Dean is suing James Cameron for \$50 million, claiming that the idea for Avatar was stolen from him. Roger Dean is also suing his buddies and his mom for not convincing him to watch the movie until last month.

• Teen Mom, star alcoholic, Charlie Sheen texter, drunk driver, breast implant connoisseur and sex tape participant Farrah Abraham has checked into a rehab facility to learn to make "better choices." Well, the good news is that there aren't really any bad ones left.

• Amanda Bynes tweets, "I want a million dollars a year for illegally having my mind read and privacy stolen." "We all want that, but let us try to not get completely unreasonable," says Edward Snowden.

• Martha Stewart alluded to once having been part of a threesome. "Don't look at us," said a home-spun blanket and a delicious leg of rosemary lamb.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Justin Bieber and Selena Gomez. ALL PHOTOS GETTY IMAGES

Gomez's friends continue to trash Bieber

Are serial on-again, off-again romancers Justin Bieber and Selena Gomez back on again?

They certainly looked pretty cozy in an Instagram photo Bieber posted from a Fourth of July party along with the hashtag "heart-breaker." Gomez also pops up in an Instagram video posted by Bieber's pal Alfredo Flores at the same party. If they are back together again, Gomez's friends certainly aren't thrilled about it, according to

Radar Online.

"Selena's friends have stuck by her through thick and thin, but the whole back-and-forth relationship with Bieber is really starting to wear on them," a source says.

"None of her friends really like Justin — or at least, they don't like Selena with Justin. It's just not a healthy relationship. He has something on her. She knows he's not the right thing for her, but she can't stay away."

Twitter



@MatthewPerry

The one upside of the ridiculous jet lag I am experiencing is that I am up for Breakfast at Wimbledon live! No DVR for me!



@TheRock

A masseuse named Kristina. Four Seasons - Budapest. THE strongest hands I've ever felt. Pain so good I think I met Jesus.



@JasonAlexander

Brutal day of poker. Great hands simply didn't hold up. I got crushed. But this is when I remember, I have a great f---ing life. So, onward.

Forget scotch, get naked



Channing Tatum.

Some men like to relax with a nice glass of scotch when they get home, but for Channing Tatum nothing beats nudity.

The recently crowned Sexiest Man Alive tells Elle magazine that he can't fight the urge to strip down the second he walks in the door.

"I have a really nice back porch where the pool is," he says. "Once the shoes are off, the socks come off too, and then everything else downstairs just follows at some point."

Oscar in the middle



Neil Patrick Harris.

Neil Patrick Harris has now hosted the Tonys four times and will host his second Emmys ceremony this September, so naturally the Oscars are right around the corner for him, right?

"Someday. Who knows?" Harris offers modestly, according to E! News.

"That's the kind of question if you say, 'No, I don't want to do it,' you look like a d—, and if you say, 'I'm dying to do it,' you look like a d—. So you're kind of left in the middle."

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Bath time

Knee saver

Save your knees when you're giving your kidlets or pets a bath with a foam gardener's kneeling pad! You can get them for under \$10 at local retailers, they're usually waterproof or resistant, and they slide away for out-of-sight storage. **KAT INOKAI OF YUMMYMUMMYCLUB.CA**



Different discipline

Dance it out

You know those days when your kids are literally bouncing off the walls? We all have them.

My son, who is about to turn five, has taken to jumping off the cushions (often into the walls of our living room) on a regular basis. And some days, no

matter how many times I ask, he will not sit still.

That's when I turn to Carly Rae Jepsen for help. I grab the baby, crank Call Me Maybe and we all dance. It entertains the baby and gets some of my big kid's wiggles out while at the same time preventing me from yelling or pondering duct taping him to the couch. A solid win, I'd say. **ROBIN FARR OF YUMMYMUMMYCLUB.CA**

Exclusively online

Read about the (mis)adventures of parenthood with Reasons Mommy Drinks online at metronews.ca/voices



Riding the toddler roller coaster — and I don't even like rides

Temper tantrums. All kids throw them at one point or another. Here's how one mom handled her little girl's worst meltdown yet

HAILEY EISEN
YummyMummyClub.ca

A few weeks ago my incredibly brave three-year-old took my mother by the hand and pulled her toward the Dragon Roller Coaster at Centreville, the kid-friendly amusement park on Toronto's Centre Island.

My mom went with her because I refused to. I don't like roller coasters.

After the ride, my daughter looked slightly terrified, but also extremely proud of herself. My mom said that as the ride began, she looked over at Willow and noticed a look of panic on her face. "Just close your eyes and scream," my mother told her. And so the two of them did just that.

Somehow this has come to

be a perfect metaphor for life with a toddler. Despite the fact that I really, really don't like roller coasters, it seems I'm riding one — on a daily basis. This past weekend was the most frightening.

Perhaps it was the heat or her beloved daycare teacher announcing she'd be leaving at the end of the week or maybe it was just because she's three.

No matter the reason, the roller coaster ride began mid-week and continued through Saturday, culminating in the longest, loudest temper tantrum I've yet to experience.

What made this particular ride so terrifying was how unpredictable it was. One minute our little girl was her usual, happy self and the next, we were all running for cover.

How did I handle all of this?

As most roller coasters do, this one started out slowly. I braced myself. I tried to ignore the unreasonable protests. I tried to divert her attention. And I asked her calmly what was bothering her.

But, the louder her screams got, the harder it became to ignore. She didn't want the new wagon we had just bought her.

She didn't want to take a bath. She wasn't tired. She didn't need to eat something.

I wanted the ride to stop so I tried reasoning with her. "What's really making you so upset?" "Can you please stop yelling?" "Let's go do something fun." No such luck.

The louder she got, the more panicky I felt.

Get. Me. Off. This. Ride.

Every time the roller coaster seemed to be slowing down, I'd take a deep breath. But then it would start up again. I'm pretty sure I cried. I definitely said, "I can't do this" about a hundred times. And finally, when I just couldn't take it anymore, I took my mom's advice. I closed my eyes and screamed. (Actually, my mom's advice is to read parenting books, which I bought but haven't read yet.)

Thank goodness, Sunday morning the roller coaster came to a full stop. My little girl woke up smiling and remained in a good mood all day.

But the thing with the toddler roller coaster is, you never know when it will start up again. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD**



The toddler roller coaster is one unpredictable ride. iStock

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How to bring some order to your inbox

Avoid mail fail. Don't let the send button take hold of your summer with these easy email tips

JULIA FURLAN
Metro World News

Inbox zero might as well be the lost city of Atlantis for most people. Between work and personal email addresses — not even counting Facebook, Twitter, LinkedIn and other social media — it's nearly impossible to escape the constant uptick of unread messages that come in from every corner of the digital universe.

As summer gets into gear and emails pile up over coveted vacations, we checked in with life coach Stacy Kim, founder of the company LifeJunctions about how to make sure email overload doesn't take over our relaxing summers.

Tip 1: One thing at a time

Unfortunately for us — and contrary to what many of our bosses believe — there is no such thing as multi-tasking, Kim says. "There is a lot of research about how our brains don't really multitask. We don't do two things at once, we just switch back and forth really quickly," she says. All this switching between tasks is often the root of people's anxiety and stress problems. "The more you can do just one thing at a time, I think that's the number one suggestion that I give everybody," Kim says. "And I try and remember that myself," she adds, laughing. "For



Feeling overwhelmed? Get some oxygen. You're still going to have to read, but you'll feel more relaxed when doing so. ISTOCK

example, when I'm checking an email and somebody else pings me in any other format, I try not to respond until I'm done. If I do switch, I make a conscious decision to switch."

Tip 2: A few focused minutes go a long way

The email deluge can be particularly bad after taking a long weekend or a few days away from work. Kim says that to avoid stress, people should set aside a chunk of time and try to prioritize. "Go through very quickly and try to remember that when you go on

vacation, you're going to come back to a lot of email. Most people understand that and understand you won't get back to them right away," Kim says. Prioritizing which emails need responses first is key to making sure they are dealt with.

"You say, 'I'm going to make a note of that' and go to the next one," she says, adding that you should aim for a chunk of focused minutes of email-checking. "When you check it, you may have to spend more time, but you're not going to check it as often," she says.

The business of breath

Inhale. Exhale.
(Then do it again.)

- What many of us don't notice is that facing an email inbox stuffed with stress and anxiety can cause us to hold our breath — and that's bad news for all kinds of things, according to Kim.
- "When you have to check

your email, give yourself a few huge, deep breaths from your diaphragm," Kim suggests. "Taking a moment to breathe really does help decrease your stress levels. I don't think I can stop the emails — none of us can stop them — but what we can try to do is control the responses we have to them."

A world where 'gifted' has nothing to do with grades

Don't stop believing.

Scott Barry Kaufman encourages everyone to hold on to that feeling of being brilliant regardless of what the tests tell you

UNGIFTED

Intelligence Redefined
The Truth About Talent, Practice, Creativity, and the Many Paths to Greatness



SCOTT BARRY KAUFMAN

BRUCE WALSH
Metro World News

After being rejected from Carnegie Mellon University due to his SAT scores, Scott Barry Kaufman was determined to prove that he had the chops to excel at the university.

Eventually he was accepted to the prestigious school as a transfer, and he went on to graduate Phi Beta Kappa in 2003. He later received a master's degree from Cambridge, as well as a doctorate from Yale. He now works as a cognitive psychologist.

So why did the SAT determine that he didn't have the mental chops?

In his latest book, *Ungifted: Intelligence Redefined*, Kaufman attempts to get to the bottom of that question — for himself, and for students everywhere who find themselves falling through the cracks.

"I think education has got to get out of the business of trying to judge a person's potential. It's just not

Keeping score

"I think education has got to get out of the business of trying to judge a person's potential. It's just not something we can capture at any one moment in time."

Scott Barry Kaufman
Author of *Ungifted*

either born gifted and you will stay that way the rest of your life, or you're not and you won't ever be. That's just not in line with current research on human development."

Pages and passion

Ungifted traces Kaufman's unique mental maturation

- He suffered severe ear infections that left him with an auditory disorder in elementary school, which led to a special education classification that was difficult to shake.
- Woven into his personal narrative is his research on cognitive development, plus an analysis of the major breakthroughs in his field.

• "What we think of as an ordinary mind has a lot more capacity than most people realize. If you trace the development of minds that we label 'gifted' or 'genius,' you see a rapid development — but there's also passion that gets overlooked," says Kaufman.

• "If we find something we're driven to engage in day after day, hour after hour, any of us can demonstrate the kind of behaviour that society labels as 'gifted.'"



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All work, no play makes summer staff a sad bunch

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Summer's officially here, and with it comes barbecues, parties and outdoor activities aplenty. But for the majority of adults, weekdays are usually spent grinding it out to earn a paycheck. With some effort, however, companies can make work more enjoyable for their employees by taking the time to show appreciation — and by having a little fun.

The warm weather offers companies an opportunity to host outdoor functions with the purpose of rewarding employees for their contribution to the company's success.

Shaking it up at work can be extremely beneficial, say specialists in this field. Simple gestures such as a

manager bringing in coffee and snacks to celebrate the successful completion of a project or task, can speak volumes to those who put in extra hours and go out of their way to support the team.

"Stocking up your break-room with snacks and beverages for employees is an easy way to boost morale and show your appreciation," says Ilada Boriboun, category manager at Staples Advantage.

"A little goes a long way when it comes to making employees feel valued."

Bring fun to the workplace as well. According to the Executive Center of Excellence, "fun at work lowers stress levels, boosts optimism, and increases motivation to move up in the company. Additionally, fun improves concentration and perseverance."

At the end of the day, setting aside time and money to host work functions is a small price to pay to keep employees happy and working hard. If employees are driven, the business will be too.

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- Engage with our Metro dealers to provide the best delivery options
- Provide solutions and options for managing all our newspaper pick up points

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- Organized, detail oriented, and computer savvy
- Familiar with the City of Edmonton
- Presentable, confident and articulate
- Able to work flexible hours
- Valid Class 5 driver license and reliable vehicle is a must

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 10, 2013. PLEASE QUOTE: "Distribution Auditor (Part Time) - Edmonton" in the subject line. All submissions will be treated as confidential.

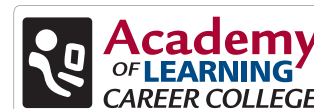
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Ginger-lemon marinade holds secret to tasty chicken

ROSE REISMAN

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These Chicken Kabobs with Ginger-Lemon Marinade are an easy summertime recipe for the barbecue.

Change up the colour of the bell peppers and feel free to substitute peaches or plums for the pineapple. Fresh fruit is always preferred.

Serve the kabobs over rice, couscous or quinoa.

1. Ginger-Lemon Marinade: In bowl, combine lemon juice, water, vegetable oil, sesame oil, vinegar, brown sugar, ginger, coriander, and fennel seeds (if using); mix well. Add chicken and mix; marinate 20 minutes.

2. Alternately thread chicken cubes, green pepper, pineapple and tomatoes onto 4 long or 8 short barbecue skewers. Barbecue for 15 to 20 minutes or just until chicken is no longer

pink inside, brushing often with marinade and rotating every 5 minutes. **ROSE REISMAN BRINGS HOME LIGHT COOKING BY ROSE REISMAN (MCM BOOKS)**

Ingredients

- 8 oz boneless skinless chicken breasts, cut into 2-inch (5 cm) cubes
- 16 squares sweet green pepper
- 16 pineapple chunks (fresh or canned)
- 16 cherry tomatoes
- Ginger-Lemon Marinade**
- 3 tbsp lemon juice
- 2 tbsp water
- 1 tbsp vegetable oil
- 2 tsp sesame oil
- 1 1/2 tsp balsamic vinegar
- 4 tsp brown sugar
- 1 tsp minced ginger root (or 1/4 tsp ground)
- 1/2 tsp ground coriander
- 1/2 tsp ground fennel seeds (optional)



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (MCM BOOKS)

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There's nothing better than cooling off with an ice cream on a hot summer day. If you're stocking up the freezer with these cold treats, watch the calories, fat and sugar content.



Haagen-Dazs Caramel Almond Crunch bar

320 calories/21 g fat/21 g sugar

This addictive dessert with caramel ice cream, milk chocolate and roasted almonds will cost you.

Equivalent

A Haagen-Dazs Caramel Almond Crunch bar is equal in fat to 26 Kraft caramels.



Breyers Vanilla Caramel Chip bar

120 calories/6 g fat /13 g sugar

This is a better nutritional treat since it contains both milk and cream, where as Haagen-Dazs only has cream.

K

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Skip the burger and have yourself a ball

KAREN HUMPHREY
YummyMummyClub.ca

1. Preheat oven to 375 F.

2. In bowl, stir garlic, onion, pepper, salt, Italian seasoning, bread crumbs and Parmesan cheese. Add ground beef and egg, and mix well with your hands.

3. Line rimmed baking sheet with foil and very lightly grease it with oil.

Ingredients

- 2 garlic cloves, minced
- 1/2 small onion, grated
- 1/2 tsp cracked pepper
- 1/2 tsp salt
- 2 tsp Italian seasoning
- 2/3 cup dry bread crumbs
- 1/4 cup Parmesan cheese
- 1 lb lean ground beef
- 1 egg
- 6 of your favourite buns
- 3/4 cup of your favourite pasta sauce
- mozzarella cheese slices for each sandwich



This meatball sandwich recipe makes six sandwiches. KAREN HUMPHREY

4. Shape beef mixture into 1/2 inch sized balls and place on baking sheet. You should get about 26 of them. Bake meatballs for 20 minutes until cooked through. To check, take one off the sheet and cut it in half to make sure there is no pink in the middle.

5. Split buns in half and place on a baking sheet. Turn oven to broil. Gently toast buns until golden. Meanwhile, put pasta sauce in a small pot and heat on low until it's bubbling and hot.

6. Once buns are lightly toasted, take out and place four meatballs per sandwich on a bun. Drizzle with about 2 tbsp of warm pasta sauce. Then place mozzarella cheese on each. With oven still on broil, place sandwiches in oven to melt the cheese, watching carefully so buns don't burn. When cheese is soft and buns toasted, serve sandwiches with extra sauce on the side for anyone who wants some. **YUMMY-MUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.**

Tour de France

Martin wins stage, Froome still leads

Left alone and with his teammates far behind, Chris Froome held off repeated attacks to retain the Tour de France lead Sunday as the three-week race left the Pyrenees mountains.

Dan Martin of Ireland, a 26-year-old Garmin-Sharp rider, won Stage 9 following a two-man sprint against Denmark's Jakob Fuglsang.

In the 168.5-kilometre trek, Froome was relieved he was able to quash four attacks by Movistar's Nairo Quintana on the last climb despite his Sky teammates lagging behind. They were worn out after a strong team effort to help him win the yellow jersey a day earlier. **THE ASSOCIATED PRESS**

NHL

Seguin blames 'hackers' for anti-gay tweet

Recently acquired Dallas Stars forward Tyler Seguin says an anti-gay comment that showed up on his Twitter account came from "hackers."

The Stars said in a statement Sunday that they had "addressed the issue directly" with Seguin. The tweet showed up on his account Saturday and was quickly removed.

Seguin posted an apology on Twitter and said he was temporarily shutting down his account because of "repeated attempts by hackers to try to damage my reputation."

The 21-year-old Seguin was traded to Dallas by Boston on Thursday.

THE ASSOCIATED PRESS



Eskimos QB Mike Reilly dives into the end zone for a touchdown against the Tiger-Cats in Guelph, Ont., on Sunday. AARON LYNETT/THE CANADIAN PRESS

Reilly guides Esks through downpour

CFL. QB proves there's more than one way to skin Ticats by scoring two TDs with his arm, another with his legs

It was the wettest game that Edmonton quarterback Mike Reilly has ever played in, and that's saying something for a guy who played his college football in the rainy state of Washington.

"I've never seen it come down like that, especially for the entire game," said

On Sunday

30

Eskimos

20

Tiger-Cats

catch a watermelon.

Edmonton had already jumped out to a 16-0 lead before the rains came and the Ticats were forced to play catch-up in awful conditions. That early lead was a "huge" advantage, according to Reilly.

Reilly completed 14 of 22 pass attempts for 130 yards.

It was the Ticats' home opener at Alumni Stadium, home to the University of Guelph Gryphons, which was temporarily expanded this season to seat a capacity 13,000 while a new stadium is built in Hamilton. Game attendance for the home opener was announced as 12,612, but

most of those made a run for it when the rains came heavy in the second quarter.

Hugh Charles had two touchdowns and Fred Stamps added one for Edmonton while CJ Gable and Ed Gant scored for Hamilton.

Hamilton kicker Luca Congi made two of three field-goal attempts, from 39 and 26 yards and missed from 42.

Edmonton improved to 1-1 after a 39-18 loss to Saskatchewan last week. After putting up 34 points in last week's 39-34 loss to Toronto, the Ticats (0-2) could only muster 20 points against the Eskimos.

THE CANADIAN PRESS

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4 SPORTS

Murray finally the man at Wimbledon

Tennis. Scot ends 77-year drought of a British player capturing men's championship

Andy Murray needed one more point, one solitary point, to win Wimbledon — a title he yearned to earn for himself, of course, and also for his country.

Britain had endured 77 years since one of its own claimed the men's trophy at the revered tournament referred to simply as The Championships, and now here was Murray, on the brink of triumph after three hours of gruelling tennis against top-seeded Novak Djokovic under a vibrant sun at Centre Court.

Up 40-love, Murray failed to convert his first match point. And his second. And then, yes, his third, too. On and on the contest, and accompanying tension, stretched, Murray unable to close it, Djokovic unwilling

to yield, the minutes certainly feeling like hours to those playing and those watching. Along came three break points for Djokovic, all erased. Finally, on Murray's fourth chance to end it, Djokovic dumped a backhand into the net.

The final was over.

The wait was over.

A year after coming oh-so-close by losing in the title match at the All England Club, the No. 2-ranked Murray beat No. 1 Djokovic of Serbia 6-4, 7-5, 6-4 Sunday to become Wimbledon's champion in a test of will and skill between a pair of men with mirror-image defensive styles that created lengthy points brimming with superb shots.

"That last game will be the toughest game I'll play in my career. Ever," said Murray, who was born in Dunblane, Scotland, and is the first British man to win the grass-court Grand Slam tournament since Fred Perry in 1936. "Winning Wimbledon — I still can't

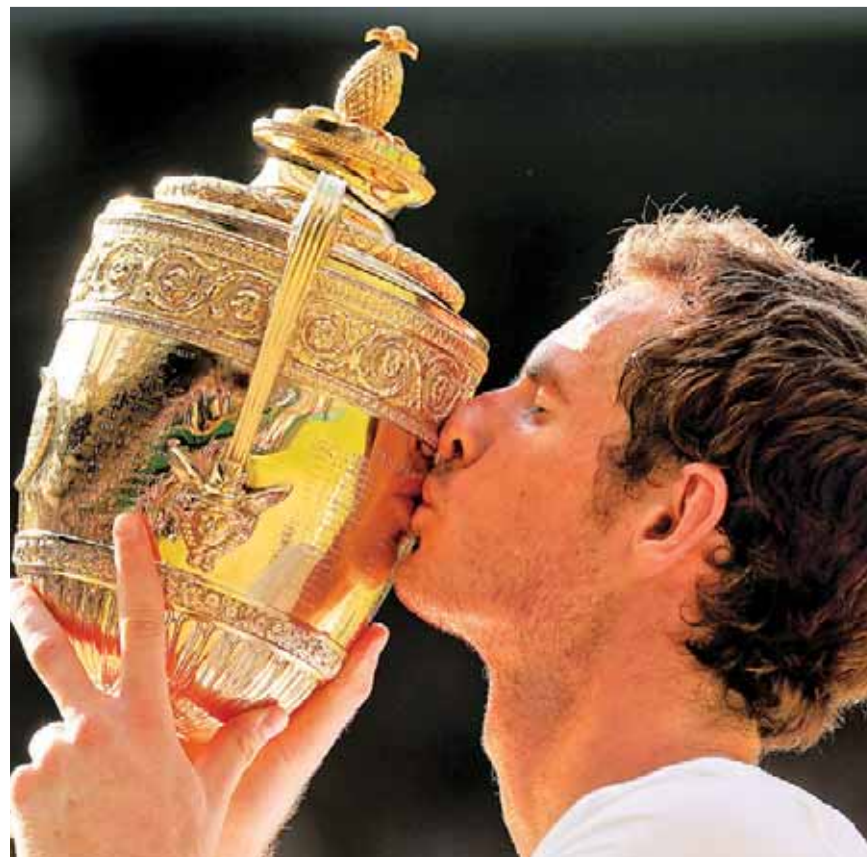
Nestor wins mixed title

Daniel Nestor of Toronto and Kristina Mladenovic saved two match points, then went on to win the mixed doubles title at Wimbledon on Sunday by beating top-seeded Bruno Soares and Lisa Raymond 5-7, 6-2, 8-6.

- The win for Nestor was his third major mixed doubles title. He also won the Australian Open in 2007 and 2011.

believe it. Can't get my head around that. I can't believe it."

For several seasons, Murray was the outsider looking in, while Roger Federer, Rafael Nadal and Djokovic collected 29 out of 30 Grand Slam titles. But now Murray has clearly turned the Big 3 into a Big 4, having reached the finals at the last four major tournaments he entered. **THE ASSOCIATED PRESS**



Andy Murray defeated Novak Djokovic to capture the men's championship at Wimbledon on Sunday in London.

CLIVE BRUNSKILL/GETTY IMAGES

Gold Cup

Canada drops stunner to tiny Martinique

Benito Floro may be wondering what he's gotten himself in for.

With Floro in the stands watching his team for the first time before taking over as head coach next month, Fabrice Reupenne scored in injury time Sunday as tiny Martinique sent Canada to a shocking 1-0 defeat at the CONCACAF Gold Cup.

Canada, which had largely been outplayed for most of the game but was seconds away from escaping with a point, couldn't clear a Martinique corner kick in the dying seconds of the match. The ball fell to Reupenne, who unleashed a screaming shot past Canadian goalkeeper Milan Borjan in the first game of the tournament for both countries.

"I'm at a loss for words here," said interim head coach Colin Miller, who will be in charge of the team for the duration of the tournament. "But you can't take that away from Martinique. I thought they did very well."

THE CANADIAN PRESS

MLB. Pitcher Redmond another unlikely hero for struggling Blue Jays

In a season where little has gone according to plan, it's perhaps no surprise that the Toronto Blue Jays have found some unlikely heroes.

It's too early to put Todd Redmond alongside Munenori Kawasaki, but the right-hander earned some new fans Sunday in Toronto's 11-5 win over the Minnesota Twins.

With the Jays needing to fill a hole in their starting rotation, the 28-year-old from St. Petersburg, Fla., did not give up a hit until one out in the

fifth when Aaron Hicks, batting eighth in the Twins lineup, homered over the right-field fence with one on to tie the score at 2-2.

Redmond struck out four and walked three in five innings, with the Toronto offense striking back for four runs in the bottom of the fifth to give him a 6-2 lead.

"It's still a dream come true just to be here," said Redmond. "You've just got to take it one day at a time, one start at a time. And hopefully continue on."

Colby Rasmus, Jose Reyes and Rajai Davis homered for Toronto, which outhit Minnesota 13-5 before 43,795 under a stuffy dome at Rogers Centre.

Redmond, earning his first career win in his second major-league start, has probably earned another start for the Jays (43-45).

His debut win - in his fifth career appearance - came after a 74-62 record in the minors that dates back to 2005.

It was a welcome shutdown performance after the first six games of a homestand had seen the Toronto starters post a 6.06 earned-run average.

THE CANADIAN PRESS



Starting pitcher Todd Redmond gave up just one hit over five innings for the Blue Jays on Sunday.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	54	36	.600	—
Baltimore	49	40	.551	4 1/2
Tampa Bay	49	40	.551	4 1/2
New York	48	40	.545	5
Toronto	43	45	.489	10

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	48	39	.552	—
Cleveland	46	42	.523	2 1/2
Kansas City	41	44	.482	6
Minnesota	37	48	.435	10
Chicago	34	51	.400	13

WEST DIVISION

	W	L	Pct	GB
Oakland	52	37	.584	—
Texas	51	37	.580	1/2
Los Angeles	43	45	.489	8 1/2
Seattle	39	49	.443	12 1/2
Houston	32	57	.360	20

Sunday's results

Cleveland 9 Detroit 6
Baltimore 2 N.Y. Yankees 1
Toronto 11 Minnesota 5
Tampa Bay 3 Chicago White Sox 1
Oakland 10 Kansas City 4
Texas 5 Houston 4
L.A. Angels 3 Boston 0

Saturday's results

N.Y. Yankees 5 Baltimore 4
Minnesota 6 Toronto 0
Kansas City 4 Oakland 3
Detroit 9 Cleveland 4
Tampa Bay 3 Chicago White Sox 0
Houston 9 Texas 5
L.A. Angels 9 Boston 7 (11 inn.)

Monday's games — All times Eastern

Kansas City (Guthrie 7-6) at N.Y. Yankees (Hughes 4-7), 7:05 p.m.
Detroit (Scherzer 13-0) at Cleveland (Kazmir 4-4), 7:05 p.m.
Minnesota (Deduno 4-3) at Tampa Bay (Hernandez 4-10), 7:10 p.m.
Chicago Cubs (Garza 4-1) at Chicago White Sox (Santiago 3-5), 8:10 p.m.
Boston (Lester 8-4) at Seattle (Hernandez 8-4), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	50	38	.568	—
Washington	46	42	.523	4
Philadelphia	43	46	.483	7 1/2
New York	37	48	.435	11 1/2
Miami	32	55	.368	17 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	53	34	.609	—
St. Louis	53	34	.609	—
Cincinnati	50	38	.568	3 1/2
Chicago	38	48	.442	14 1/2
Milwaukee	35	52	.402	18

WEST DIVISION

	W	L	Pct	GB
Arizona	47	41	.534	—
Los Angeles	42	45	.483	4 1/2
Colorado	42	47	.472	5 1/2
San Francisco	40	47	.460	6 1/2
San Diego	40	49	.449	7 1/2

Sunday's results

Seattle 3 Cincinnati 1
Washington 11 San Diego 7
Philadelphia 7 Atlanta 3
N.Y. Mets 2 Milwaukee 1
St. Louis 3 Miami 2
Chicago Cubs 4 Pittsburgh 3 (11 inn.)
L.A. Dodgers 4 San Francisco 1
Arizona 6 Colorado 1

Saturday's results

St. Louis 5 Miami 4
Washington 5 San Diego 4
Chicago Cubs 4 Pittsburgh 1
Cincinnati 13 Seattle 4
Milwaukee 7 N.Y. Mets 6
Philadelphia 4 Philadelphia 4
San Francisco 4 L.A. Dodgers 2
Arizona 11 Colorado 1

Monday's games — All times Eastern

Oakland (Colon 11-3) at Pittsburgh (Locke 8-1), 7:05 p.m.
Washington (Haren 4-9) at Philadelphia (Lannan 1-3), 7:05 p.m.
Atlanta (Minor 8-4) at Miami (Slowey 3-6), 7:10 p.m.
Cincinnati (Bailey 5-6) at Milwaukee (Lohse 4-6), 8:10 p.m.
L.A. Dodgers (Greinke 6-2) at Arizona (Delgado 1-2), 9:40 p.m.
Colorado (Chatwood 4-2) at San Diego (Volquez 6-6), 10:10 p.m.
N.Y. Mets (Harvey 7-2) at San Francisco (Lincecum 4-9), 10:15 p.m.

CFL

WEEK 2

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Winnipeg	2	1	1	0	52	49	2
Montreal	2	1	1	0	49	52	2
Toronto	2	1	1	0	55	58	2
Hamilton	2	0	2	0	54	69	0

WEST

	GP	W	L	T	PF	PA	Pts
Saskatchewan	2	2	0	0	75	39	4
Calgary	2	1	1	0	65	68	2
B.C.	2	1	1	0	56	60	2
Edmonton	2	1	1	0	48	59	2

Sunday's result

Edmonton 30 Hamilton 20

Thursday's game — All Times Eastern

Saskatchewan at Toronto, 7:30 p.m.

Friday's game

Calgary at Montreal, 7:30 p.m.

Saturday's game

Winnipeg at Hamilton, 6:30 p.m.

B.C. at Edmonton, 9:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	9	4	4	31	25	31
Kansas City	8	5	6	26	19	30
New York	8	7	4	27	22	28
Philadelphia	7	6	6	29	29	27
Houston	7	6	5	20	18	26
New England	6	5	6	21	14	24
Columbus	6	8	5	23	23	23
Chicago	6	8	3	19	25	21
Toronto FC	2	8	7	17	24	13
D.C. United	2	13	3	8	29	9

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	10	5	4	29	18	34
FC Dallas	8	3	7	27	22	31
Portland	7	2	9	28	17	30
Vancouver	8	5	5	29	25	29
Los Angeles	8	7	3	27	22	27
Colorado	7	7	5	23	22	26
Seattle	7	6	3	21	19	24
San Jose	5	9	6	20	32	21
Chivas USA	3	10	5	16	32	14

Sunday's results

Kansas City 2 Chicago 1

Columbus 1 Portland 0

Chivas USA 1 Montreal 1

D.C. United at Colorado

FC Dallas at Los Angeles

Saturday's results

New England 2 San Jose 0

Houston 1 Philadelphia 0

Vancouver 2 Seattle 0

Horoscopes

Aries

March 21 - April 20

Few people have the guts to challenge you directly, which is why you must be on your guard for rivals who use underhand methods.

Taurus

April 21 - May 21

You should be aiming high now and looking to make a name for yourself. Whatever field of endeavor you work in you have what it takes to reach the top.

Gemini

May 22 - June 21

Steer clear of people who talk nicely to you in public then say bad things about you behind your back. You know who they are and you know why they act the way they do. It's because they envy you, with good reason.

Cancer

June 22 - July 23

Today's new moon in your sign, combined with Saturn moving in your favor too, empowers you to be whoever you want to be and do whatever you want to do.

Leo

July 24 - Aug. 23

Common sense should tell you that certain opinions are best kept to yourself – and if common sense doesn't then the planets certainly do! Not everyone is ready to hear the truth, at least not from someone as outspoken as you.

Virgo

Aug. 24 - Sept. 23

This is a time of great opportunity, so make the most of it and don't waste a single second on trivial matters or trivial people.

Libra

Sept. 24 - Oct. 23

Someone in a position of authority will be full of themselves today but you may find it hard to share in their high spirits. That's a shame because, if you make nice, they will make an effort to boost your career.

Scorpio

Oct. 24 - Nov. 22

Saturn turns direct in your birth sign today. What does that mean in plain and simple language? It means you can no longer lie to yourself about a problem of some sort.

Sagittarius

Nov. 23 - Dec. 21

You are trying too hard to get something done. Today's influences urge you to slow down and not be quite so serious about your ambitions.

Capricorn

Dec. 22 - Jan. 20

You need to get your ego out of the way and be less judgmental, both of other people and of yourself. Today's new moon will help you look at those around you with a more forgiving eye. Look in the mirror too.

Aquarius

Jan. 21 - Feb. 19

Go out of your way to be nice to people today. You can do it if you try!

Pisces

Feb. 20 - March 20

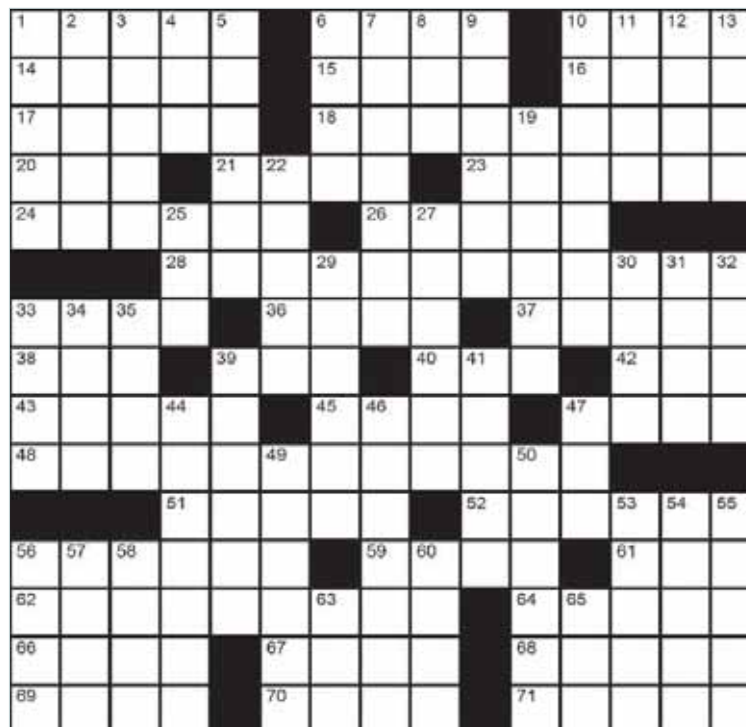
Today's new moon falls in the most creative area of your chart, so make sure you do something dynamic and decisive. Don't worry if you are short on experience or money – what you need the universe will provide.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. "Canada AM" health expert, Dr. ___ Shapiro
6. Isaac's elder son
10. Mr. Jackson
14. As sturdy as ___
15. Skim
16. Paths, for short
17. Manitoba town with Icelandic heritage
18. City of Light dwellers
20. Give ___ whirl
21. "Dial ___ Murder" (1954)
23. Executive's plane
24. Melon type
26. Pilot's button
28. Bicycle race on now: 3 wds.
33. Ms. Sweetnam, singer/songwriter from Bolton, ON
36. Van __, California
37. Vast, to a poet
38. "Falcon Crest" actress, ___ Alicia
39. Diet soft drink
40. Final [abbr.]
42. Total
43. Salon's makeover component, commonly: 2 wds.
45. ___-water advisory
47. Curds and ___
48. Establishment in a 19th-century town: 2 wds.
51. Music ___
52. Gives way
56. Chum
59. Seinfeld-ian



- phrase, when repeated
61. On, as a candle
62. The Halifax ___ (Devastation in 1917)
64. Grassy plain
66. Prefix meaning 'Middle'
67. "___ It Bad": Tune by Usher

68. Egg ___ (Kitchen gadget)
 69. Business person's "Fast!"
 70. Succeed in school
 71. The States: ___ Mountains
- Down**
1. Wizardry
 2. Singer Ms. Baker

3. Actress Ms. Downey's
4. West Coast NBA team, on scoreboards
5. 1984 Kim Mitchell album: '___ Alogo'
6. Hockey great Phil, to fans
7. ___-cat
8. Swiss river, vari-

9. Intl. relief agency for kids
10. Opera, ___ und Isolde
11. "Take ___ a sign."
12. Nashville, ___
13. Mount of Greece
19. Clandestine

22. Region's animal life
25. Consumed
27. ___ missionary (Gig for Jean de Brebeuf, b.1593 - d.1649)
29. Barney or Betty
30. Snack
31. Rock's Motley ___
32. TV award
33. Performed a ballad
34. ___ socks
35. "Boring."
39. 2006 Winter Olympics locale
41. Andrew ___ Webber
44. Evolve
46. Town in BC near the Washington State border
47. Bitty
49. Makes sense: 2 wds.
50. Commercial area of Venice
53. Camel-like creature
54. Vintage-style eatery
55. Baby deliverer
56. US disasters responder
57. Prescriptions, commonly
58. Res ___ loquitor (Negligence standard in law)
60. Sidewalk bugs
63. Lettered grocery store
65. Hollywood legend Ms. Taylor, to fans

Friday's Crossword

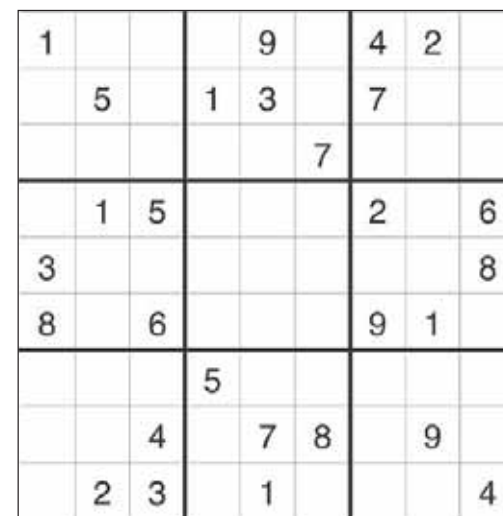


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

TUESDAY

WEDNESDAY



MAX: 21°
MIN: 12°



MAX: 26°
MIN: 14°



MAX: 31°
MIN: 13°



MICHELE MCDUGALL
WEATHER SPECIALIST

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